

TRICARE BENEFICIARY BULLETIN – JULY 6, 2012 – 615 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: ANNEMARIE FELICIO REPORTS ON SUMMERTIME SAFETY TIPS.

ONE OF THE MOST IMPORTANT SUMMER PRECAUTIONS IS PROTECTING YOUR SKIN BY LIMITING YOUR SUN EXPOSURE AND USING SUNSCREEN. THE SUN IS STRONGEST DURING THE MIDDLE OF THE DAY, SO YOU SHOULD PLAN YOUR OUTDOOR CELEBRATIONS FOR EARLIER IN THE MORNING OR LATER IN THE AFTERNOON. WEAR CLOTHING THAT COVERS YOUR SKIN, USE SUNGLASSES TO PROTECT YOUR EYES, AND APPLY AND RE-APPLY SUNSCREEN WHEN NECESSARY. SUN SAFETY CAN MINIMIZE PAINFUL SUNBURNS AND LONG-TERM DAMAGE TO THE SKIN, INCLUDING THE RISK OF SKIN CANCER.

PROPER HYDRATION IS ALSO CRITICAL DURING ANY OUTDOOR ACTIVITY, ESPECIALLY IF IT IS STRENUOUS. THE BEST WAY TO PREVENT DEHYDRATION IS TO DRINK PLENTY OF LIQUIDS. TO TREAT DEHYDRATION, IT IS BEST TO DRINK SMALL AMOUNTS OF LIQUID FREQUENTLY, RATHER THAN FORCING DOWN A

LARGE AMOUNT ALL AT ONCE. WATER, JUICE, POPSICLES AND ELECTROLYTE SOLUTIONS ARE EFFECTIVE WAYS OF BOTH PREVENTING AND TREATING DEHYDRATION.

KEEP THESE OTHER SUGGESTIONS IN MIND TO MAKE YOUR SUMMERTIME ACTIVITIES SAFER:

- PRACTICE WATER SAFETY AND CAREFULLY MONITOR CHILDREN AT POOLS AND BEACHES.
- WATCH FOR SIGNS OF ASTHMA OR HEAT EXHAUSTION IN CHILDREN.
- AFTER SPENDING TIME OUTSIDE, CHECK FOR TICKS TO AVOID LYME DISEASE.
- USE INSECT REPELLANT TO AVOID BUG BITES AND STINGS.
- WHEN COOKING OUTSIDE, DON'T LEAVE FOOD OUT IN THE SUN, COOK IT THOROUGHLY AND HAVE A CLEAN GRILLING SPACE.

READ MORE ABOUT SUMMER SAFETY ON TRICARE'S HEALTHY LIVING PAGE AT [TRICARE.MIL/HEALTHYLIVING](https://www.tricare.mil/healthyliving).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT: LORRAINE CWIEKA REPORTS ON LOGGING ON TO MILCONNECT FOR E-CORRESPONDENCE.

WITH THE RECENT ROLLOUT OF MILCONNECT'S E-CORRESPONDENCE INITIATIVE, ACTIVE DUTY SERVICE MEMBERS AND NATIONAL GUARD AND RESERVE MEMBERS ON EARLY ALERT OR ACTIVE DUTY ARE NOW RECEIVING E-MAIL NOTIFICATIONS INSTEAD OF MAILED LETTERS. E-MAIL NOTIFICATIONS ARE SENT WHEN A NEW OR REPLACEMENT ENROLLMENT CARD IS AVAILABLE, WHEN A DEPENDENT CHILD IS NEAR AGE 21 OR 23 OR WHEN A PCM CHANGE HAS BEEN REPORTED. FUTURE E-CORRESPONDENCE ENHANCEMENTS INCLUDE REPLACING ADDITIONAL MAILED LETTERS WITH E-MAIL NOTIFICATIONS AS WELL AS THE EXPANSION OF E-MAIL NOTIFICATIONS TO NON-ACTIVE DUTY POPULATIONS AND FAMILY MEMBERS. THIS ELECTRONIC CORRESPONDENCE ALLOWS FOR QUICK AND CONVENIENT ACCESS TO BENEFIT CHANGES AND OFFERS BETTER SECURITY THAN MAILED LETTERS.

IF YOU RECEIVE E-CORRESPONDENCE TODAY, THESE NOTIFICATIONS ARE SENT TO YOUR CAC-REGISTERED E-MAIL ADDRESS. THESE NOTIFICATIONS LINK YOU TO THE MILCONNECT SELF-SERVICE PORTAL, WHERE YOU CAN VIEW YOUR CURRENT BENEFIT INFORMATION AND VIEW, PRINT AND SAVE AVAILABLE CORRESPONDENCE ABOUT YOUR BENEFIT. FUTURE ENHANCEMENTS WILL ALLOW YOU TO CHOOSE TO RECEIVE E-MAIL NOTIFICATIONS USING A PERSONAL E-MAIL ADDRESS.

TO UPDATE YOUR PERSONAL E-MAIL ADDRESS AND PERMISSIONS, LOG ON TO MILCONNECT AT MILCONNECT.DMDC.MIL, AND CHOOSE “UPDATE ADDRESS” UNDER THE “MY PROFILE INFORMATION” MENU ITEM. THEN SELECT THE “PERSONAL INFORMATION” TAB AND SCROLL DOWN TO THE “E-MAIL ADDRESSES” SECTION.

FOR TRICARE MANAGEMENT ACTIVITY, I’M LORRAINE CWIEKA.

DID YOU KNOW THAT UNUSUAL WEIGHT GAIN, DEPRESSION AND FATIGUE CAN BE SYMPTOMS OF A MEDICAL CONDITION? IF YOU ARE EXPERIENCING THESE SYMPTOMS, YOU MAY HAVE A THYROID CONDITION.

IF YOUR THYROID IS EITHER OVERACTIVE OR UNDERACTIVE, YOU COULD EXPERIENCE SIDE EFFECTS THAT CAN AFFECT YOUR WHOLE LIFE. IF YOU NOTICE ANY OF THE SYMPTOMS LISTED BELOW, TALK TO YOUR DOCTOR. A SIMPLE BLOOD TEST MAY BE ABLE TO DETERMINE IF YOU ARE HAVING PROBLEMS WITH YOUR THYROID.

IF YOUR THYROID IS NOT ACTIVE ENOUGH, YOU HAVE HYPOTHYROIDISM. THIS IS THE MOST COMMON THYROID DISORDER. SOME OF THE SYMPTOMS INCLUDE

DEPRESSION, TROUBLE LOSING WEIGHT WITH PROPER DIET AND EXERCISE,
ALWAYS FEELING COLD, FEELING TIRED AND SUDDEN MOOD SWINGS.

WHEN YOUR THYROID IS TOO ACTIVE, YOU HAVE HYPERTHYROIDISM. SOME OF
THE SYMPTOMS INCLUDE: EYE PROBLEMS SUCH AS EXTREME BULGING,
DRYNESS, PAIN, REDNESS OR PUFFINESS; APPETITE CHANGES AND WEIGHT
LOSS; ANXIETY AND PANIC ATTACKS; AND INSOMNIA.

MANY TREATMENTS ARE AVAILABLE TO HELP CORRECT YOUR THYROID
CONDITION. FIND OUT MORE ABOUT WHAT TRICARE COVERS BY VISITING
TRICARE.MIL/COVEREDSERVICES.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE MORE
NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)